



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

The Sr. Center will be  
Closed 9/5 for  
Labor Day.



PRSR STD  
US POSTAGE PAID  
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PERMIT NO. 825

CURRENT RESIDENT OR

Sept/ Oct 2011

10650 West Oakland Park Boulevard | 954-746-3670 | [www.sunrisefl.gov](http://www.sunrisefl.gov)

# SUNRISE SENIOR CENTER

## Programs & Events

*The Senior Center is closed on Saturday and Sunday.*

*Sunrise Senior Center Presents a Great Getaway to:*

## ***St. Augustine & Jacksonville***

**December 5, 6, 7, 2011**

Deluxe Motor Coach with Restroom & DVD  
2 Night Stay at the Country Inn and Suites  
Continental Breakfast with Make Your Own Waffles  
Dinner & Show "A Christmas Carol"  
Admission to the Florida Heritage Museum  
Visit to Anheiser Busch Brewery w/Tour & Free Samples  
All Taxes, Gratuities, Tips for Drivers and Baggage Handling for one bag

Chinese Lunch Buffet  
Sit Down Dinner at Barnacle Bills  
Welcome Gift Bag  
2 Day On/Off Pass for City Trolley  
1 Hr Private Trolley Tour in St Augustine

### **Open House Registration for trip:**

**September 13, 9:00am – 12:00 noon**

Get trip details & meet the Tour Company Representative  
Deposit: \$50.00 per Person due at Registration  
Balance Due: November 1, 2011  
\$277.50 per Person Based on Double Occupancy  
\$358.50 per Person for Single Occupancy  
A minimum of 40 people must be reached for this trip to be held  
Cancellation Insurance Additional \$20.40 double & \$36.00 single



## **AN EVENING UNDER THE STARS**

Wednesday, November 16, 2011



Follow the stars & hundreds of twinkling lights to this one time event that will lead you to the quaint jazz club setting at the Sunrise Civic Center Amphitheatre. Enjoy the beautiful sounds of a live band & 30 minute show. A delicious dinner will be served. B.Y.O.B (An optional \$5 transportation fee) Limited tickets available. Ladies no heels for this event. \*In case of inclement weather on the day of the event, the event will be held indoors at the senior center.

Members \$20/ Guests \$22 280831A

*November is Alzheimer Awareness Month*

### **Join us for ...Alzheimer Awareness Lecture**

Wednesday, November 9th 10:00 am– 11:00 am

**Presented by: Dr. Murray Todd M.D.,**

**Medical Director of the North Broward Memory Disorder Center**

Dr. Todd will be presenting an informative session for the public about understanding Alzheimer's disease, how medical research has improved the treatment of the disease and new strategies for providing care. Sign up now.

[illegible]

# Social Services & Wellness Programs

The Special and Community Support Division provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. Outreach is available for homebound residents. For further information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration Begins
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**Broward Health Mammovan**– cancelled due to budget restrictions .

<b>Memorial Regional Mammovan</b>		TU	10:00 am-2:00 pm.	\$99.00	Call for Appt.
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Must be a woman 35 years or older, have a written order from your physician/provider. Call the hospital for an appointment 954-276-5595.

<b>Emergency Food Pantry</b>	Ongoing	TU TH	mornings afternoons	Free Free	Call for Appt. Call for Appt.
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The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only & must be arranged with the Social Worker. For information, call 954-746-3682.

<b>Bereavement Support Group</b>	Weekly	TH	9:30 am-11:30 am	Free	Ongoing
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This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.

<b>Blood Pressure Check (Sunrise Fire/Rescue)</b>	9/9, 10/14	F	10:30 am-11:30 am	Free	Walk-ins welcome
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<b>Property Tax Exemption Assistance</b>	9/9, 10/14	F	10:00 am -11:30 am	Free	Walk-ins welcome
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Representatives from the Broward Property Appraiser’s office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.

<b>Veteran’s Advisor</b>	9/9, 10/14	F	9:00 am-12:00 pm	Free	Walk-ins welcome
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Broward County Veteran’s Services will have a representative at the Senior Center to provide assistance to veteran’s and their widows, dependents and dependent survivors, regardless of age or other status. Services are focused on attainment and/or maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing.

<b>Balance Screening</b>	9/12	W	10:00 am-11:30 am	Free	Call for Appt.
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This screening will help older adults know if they are at risk of falling. Discover what steps you can take in your home and outside to ensure your safety. Sign up at the front desk or call the Senior Center.

<b>Feel Good BINGO</b>	10/12	W	10:00 am– 11:30 am	Free	Call to sign-up
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Feel Good BINGO is a game (developed by the National Depression Screening Day organization) that is designed to explain the symptoms of anxiety & depression and necessity to get screened. It is easy to play and there are prizes!

<b>CARFIT</b>	10/28	F	9:00 am-1:00 pm	Free	Call for Appt.
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CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. At the CarFit event a team of trained technicians and/or health professionals work with each participant to ensure they “fit” their vehicle properly for maximum comfort and safety.

# Senior Trips

<b>September Trips –Call for availability</b>					
<b>Marlins vs. Mets</b>	9/6	TU	5:45 pm – 11:00 pm	\$19/\$21	180837A

Enjoy an all American sport at its finest.

<b>Stagedoor Theater “A Funny Thing Happened on the Way to the Forum</b>	9/14	W	12:45 pm – 4:30 pm	\$35/\$37	180808A
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Tickets are limited! Don’t miss one of the funniest comedies ever written. This is the perfect escape from life’s troubles. This non-stop laugh fest is an uninhibited romp of puns, gags & surprises.

<b>Aventura Mall</b>	9/22	TH	9:00 am – 2:30 pm	\$5/\$7	180846B
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Enjoy great shopping at one of South Florida’s best malls & dine with indoor comfort.

**October Trips - On Sale to Members 9/2; Non-Members 9/9**

<b>Diva Duck Tour &amp; lunch on your own at City Place</b>	10/5	W	8:00 am – 3:00 pm	\$22/\$24	280844A
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Ever been on a bus ... that's also a boat?! Drive around town, and then drive straight into the water! The Diva Duck’s innovative design will give you a unique view of West Palm Beach, a town known for both beautiful historic landmarks and majestic natural scenery. Physical ability to climb a few steps is required to get into the vehicle.

<b>Hard Rock Casino</b>	10/13	TH	8:15 am – 3:30 pm	\$5/\$7	280826A
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\$15 free play; \$5 towards meal. All promotions are subject to change

<b>Coral Springs Center for the Arts “Battle of the Boro’s”</b>	10/22	SA	6:30 pm – 11:00 pm	\$48/\$50	280839A
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Legends of Doo Wop at its best... Representing Manhattan: “Since I Don’t Have You” & “Could this be Magic” VS. Brooklyn & The Bronx: “Da Doo Ron Ron”, “Stormy Weather” & much more. Don’t miss your chance to get your tickets.

<b>Boca Raton Museum of Art &amp; lunch on own at Mizner Park</b>	10/25	TU	9:00 am – 2:30 pm	\$7/\$9	280841A
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Indulge in a day of fine art, a Latin American exhibit & then stroll through the beautiful gardens. Afterwards enjoy lunch on your own at Mizner Park.

**November Trips -On Sale to Members 10/3 ; Non-Members 10/10**

<b>Palm Beach Maritime Museum &amp; Peanut Island</b>	11/3	TH	9:30 am – 3:30 pm	\$16/\$18	280848B
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Start out with a water taxi ride to Peanut Island where you will have a guided tour of Peanut Island. Experience the Kennedy bunker, maritime museum, coast guard house & the coast guard boat house. Afterwards enjoy lunch on your own at the Tiki Waterfront Sea Grill.

<b>Ellie’s Grand Flamingo Ballroom “Murder at the Movies”</b>	11/6	SU	5:15 pm – 10:30 pm	\$35/\$37	280850A
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One never knows who will show up or what will happen at this exciting “interactive” show! Great dining, music, surprises, excitement & awards.

<b>Boca Town Center</b>	11/15	TU	9:30 am – 2:30 pm	\$7/\$9	280846A
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With the holidays just around the corner here’s your chance to shop at one of South Florida’s popular malls. Enjoy lunch on your own at one of the many great restaurants.

<b>Coconut Creek Casino</b>	11/29	TU	9:15 am – 3:00 pm	\$5/\$7	280826B
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\$15 free play; & \$5 food voucher. On day of ticket purchase be sure to have your players club card # available. Must bring a valid photo ID day of the trip, packages are subject to change.



## *Sept / Oct Classes & Programs*

Program	Date(s)	Day(s)	Time	Registration (Members, Non-Members)	Fee	Program#
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$12 AARP Members, \$14 Non- Members)					
	9/21 & 9/22	W&TH	9:00 am – 1:00 pm	call for space	\$12	180853A
	10/19 & 10/20	W&TH	9:00 am – 1:00 pm	9/1	\$12	280853A
	11/16 & 11/17	W&TH	9:00 am – 1:00 pm	10/4	\$12	280853B
<b>Beginners Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) No beading experience needed.					
	9/6 – 9/27	TU	10:00 am – 12:00 pm	8/2	Free	180814C
	10/4 – 10/25	TU	10:00 am – 12:00 pm	9/1	Free	280814A
	11/1 – 11/29	TU	10:00 am – 12:00 pm	10/4	Free	280814B
<b>Intermediate Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Beading experience needed.					
	9/12 – 9/26	M	12:30 pm – 2:30 pm	8/2	Free	180812C
	10/3 – 10/31	M	12:30 pm – 2:30 pm	9/1	Free	280812A
	11/7 – 11/28	M	12:30 pm – 2:30 pm	10/4	Free	280812B
<b>Advanced Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Must be able to read a pattern.					
	9/6 – 9/27	TU	1:00 pm – 3:00pm	8/2	Free	180805C
	10/4 – 10/25	TU	1:00 pm – 3:00pm	9/1	Free	280805A
	11/1 – 11/28	TU	1:00 pm – 3:00pm	10/4	Free	280805B
<b>Beginners Line Dancing</b>	Ongoing	TH	9:00 am - 10:00 pm	Walk-in	Free	
	It's finally here! Join us weekly to learn how to line dance.					
<b>Book Club</b>	Join our Book Club... Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served. Call to sign up.					
<b>“Solomons Oak”</b> By Jo-Ann Mapson	9/23	F	11:30 am—12:30 pm	Walk-in	Free	
<b>“House Rules”</b> By Jodi Piccoult	10/28	F	11:30 am—12:30 pm	Walk-in	Free	
<b>Bunco Party</b>	11/17	TH	1:30 pm – 3:00 pm	10/4	\$5/\$7	280818A
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served.						
<b>Choral Group</b>	Weekly	F	1:00 pm—2:30 pm	Walk-in	Free	
If you enjoy singing & giving joy to others this is the group for you. Join the Sunrise Star Performers today.						
<b>Computer Programs</b>	(Note: Due to grant requirements the computer programs are for Sunrise Residents over the age of 62. Senior Center membership also required for classes.					
<b>Open Computer Lab</b>	Weekly	TU	9:30am – 11:00am	Walk-in	Free	180806A
(Senior Center membership not required for open lab)						
<b>Beginners Computers</b>	10/4 – 11/8	TU	1:00 pm – 3:00 pm	9/1	Free	280802A
	10/4 – 11/8	TU	6:30 pm – 8:30 pm	9/1	Free	280802B
<b>Intermediate Computers</b>	10/5 – 11/9	W	1:00 pm – 3:00 pm	9/1	Free	280803A
<b>Monday Dance Mixer</b>	Weekly	M	2:00 pm – 4:00 pm	Walk-in	Free	
Live entertainment & refreshments weekly. (A current Sr. Center membership card must be shown for entrance to the dance)						

## Exercise Classes

**Tai Chi** Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. (Maximum 24 students per class.) All classes held 9:00 - 9:30 a.m. & are free.

Date	Day(s)	Register	Prog.#	Date	Day(s)	Register	Prog.#
Sept	TU	8/2	180858C	Sept	F	8/2	180858D
Oct	TU	9/1	280858A	Oct	F	9/1	280858B
Nov	TU	10/4	280858C	Nov	F	10/4	280858D

**Aerobics** Senior Center membership is required. All classes held 9:30 - 10:30 a.m. (Maximum 24 students per class.)

Sept	TU	8/2	180857B	Sept	F	8/2	180856B
Oct	TU	9/1	280857A	Oct	F	9/1	280856A
Nov	TU	10/4	280857B	Nov	F	20/4	280856B

Program	Date(s)	Day(s)	Time	Registration (Members, Non-Members)	Fee	Program#
<b>Green Thumbs</b> Flower Arranging	(Due to grant requirements this class available only to Sunrise residents age 62+) 9/28	W	10:30 am—11:30 am	8/2	\$3/\$5	180815C
<b>Laughter Club</b>	Monthly4 <sup>th</sup>	W	11:00 am – 12:00 pm	1 <sup>st</sup> of the month	Free	
This special class teaches us to improve our overall well being with the benefits of laughter. Studies prove that ● Laughter provides us with important natural defenses against physical and mental illnesses ● Laughing has been shown to be a natural antidote to many of the illnesses causing stress ● A laughter club is a place where people go to laugh stress away under the guidance of a qualified instructor						
<b>Language Classes</b> over the age of 62).	(Due to grant requirements the Spanish & ESOL classes are available only to Sunrise Residents					
<b>Beginners Spanish</b>	10/3- 11/21	M	1:00 pm – 2:30 pm	9/1	Free	280821A
<b>ESOL</b>	10/6 – 12/1	TH	1:00 pm – 2:30 pm	9/1	Free	280817A
<b>English as a Second Language</b>						
<b>Beginners French</b>	10/5 – 11/23	W	9:00 am – 10:00 am	9/1	Free	
Enjoy learning the French language taught by French native Sylvie Savineau. Learn about their culture, discuss great places to travel & the fine taste of their food.						

## Painting Classes

<b>Beginning Painting</b>	10/7 – 11/18	F	1:30 pm – 3:30 pm	9/1	\$10/\$12	280811A
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<b>Intermediate Painting</b>	10/5 – 11/8	W	1:30 pm – 3:30 pm	9/1	\$10/\$12	280820A
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## Scottish Dancing

Learn the traditional dances of Scotland. No experience or partner required.

	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Senior Bowling</b>						9:30 am	12:00 pm	8:00 am	10:00 am

**League** League plays at Strikers Lanes. Lane fees are paid to Strikers the day of play. All players must be registered members of the Sunrise Senior Center & must sign up for the league prior to play. Limited space available.

<b>Women's Peace Club</b>	Sept	Mon	W	6:00 pm	8:00 pm	8/2		Free	180855A
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Bocce is played at the Nob Hill Soccer Complex. All players must be registered members of the Sunrise Senior Center. For details of exact start date & any other information please contact Barbara Watson at 954-742-7492